

About Johns Hopkins Behavioral Sleep Medicine

Sleep disturbances are an under recognized epidemic that seriously impact the health, well-being and productivity of millions of Americans.

The mission of the Johns Hopkins Behavioral Sleep Medicine Program is to study the causes, consequences and treatments of insomnia



and sleep loss. Our research is funded by the National Institutes of Health and Industry.

Several research projects are ongoing studying the sleep of older adults and the sleep of patients with knee arthritis.

Volunteers are needed.

Call today to learn about our research and clinical programs.

Research: 410-550-7906

Clinic: 410-550-9057



Approved August 16, 2010



Dept. of Psychiatry and
Behavioral Sciences
5510 Nathan Shock Dr.
Suite 100
Baltimore, MD 21224

Phone: 410-550-7906
Phone 2: 410-550-9057
www.sleeplessinbaltimore.com

Behavioral Medicine Program

Behavioral Medicine Program

Tel: 410 550 7906
www.sleeplessinbaltimore.com



Sleep, Pain, and Aging Studies

**Johns Hopkins University
Sleep in Osteoarthritis
Project (SOAP)**



WHAT IS THE PURPOSE OF THIS STUDY?

People with knee pain often have difficulty sleeping. This problem can increase as we age.

Researchers at Johns Hopkins University are looking for individuals to participate in research examining the relationship between sleep and pain due to knee arthritis.

WHO IS ELIGIBLE?

To be in this study, you must: be 35 years or older and be in 1 of 4 groups:

- 1) Have knee arthritis and trouble sleeping
- 2) Have knee arthritis with NO trouble sleeping
- 3) Be generally healthy (NO arthritis) but have trouble sleeping

Sleep in Osteoarthritis

- 4) Be generally healthy with no trouble sleeping (good sleeper)

PARTICIPATION INCLUDES:

- Clinical sleep evaluation and screening visit
- One overnight sleep study conducted in the convenience of your home
- X-rays of the knee
- Pain and sensory testing
- Keep daily sleep diary
- Optional blood draws and Physical Tests

TREATMENT FOR INSOMNIA

- Volunteers with arthritis & insomnia may be eligible for additional studies designed to treat insomnia and improve pain

HOW MUCH DOES IT COST?

There is no charge for participating.

All examinations and parking are free of charge.



COMPENSATION

Participants may earn up to \$870 for completing some studies.

Interested?

Please call the Behavioral Sleep Medicine program.
at: 410-550-7906
or 410-550-9057